



Reggie Thomas, IERC Club Coach
RRCa Certified Level 1 Coach

2024 SPRING 2 FALL TRAINING SCHEDULE
Season 1
Half Marathon PLAN (11 Weeks)

PHASE : Base

FEBRUARY 17 – KICK OFF DAY

5 miles aerobic

WEEK OF FEBRUARY 18

Sunday – Rest

Monday – 5 miles aerobic

Tuesday – Cross Train

Wednesday – 5 miles aerobic

Thursday – 1 mile wu, 4 miles race pace, 1 mile cd

Friday – Rest

Saturday – 6 miles aerobic

WEEK OF FEBRUARY 25

Sunday – Rest

Monday – 5 miles aerobic

Tuesday – Cross Train

Wednesday – 5 miles aerobic

Thursday – 1 mile wu, 4 miles race pace, 1 mile cd

Friday – Rest

Saturday – 7 miles aerobic

WEEK OF MARCH 3

Sunday – Rest

Monday – 5 miles aerobic

Tuesday – Cross Train

Wednesday – 5 miles aerobic

Thursday – 1 mile wu, 4 miles aerobic, 1 mile cd

Friday – Rest

Saturday – 9 miles aerobic

Cutback Week

WEEK OF MARCH 10

Sunday – Rest
Monday – 5 miles aerobic
Tuesday – Cross Train
Wednesday – 5 miles aerobic
Thursday – 1 mile wu, 4 miles Race Pace, 1 mile cd
Friday – Rest
Saturday – 6 miles aerobic

PHASE : Build

WEEK OF MARCH 17

Sunday – Rest
Monday – 2 mile wu, 4 x 800s @ 10k pace, 1 mile cd
Tuesday – Cross Train
Wednesday – 6 miles aerobic
Thursday – 2 miles aerobic + 2 miles Race Pace + 2 Miles Tempo (20 sec. faster than race pace) + 1 mile cool-down
Friday – Rest
Saturday – 8 miles aerobic (3 miles aerobic + 4 miles race pace + 1 mile cool down)

WEEK OF MARCH 24

Sunday – Rest
Monday – 2 mile wu, 4 x 800s @ 10k pace, 1 mile cd
Tuesday – Cross Train
Wednesday – 6 miles aerobic
Thursday – 2 miles aerobic + 2 miles Race Pace + 2 Miles Tempo (20 sec. faster than race pace) + 1 mile cool-down
Friday – Rest
Saturday – 9 miles aerobic (4 miles aerobic + 4 miles race pace + 1 mile cool down)

WEEK OF MARCH 31

Sunday – Rest
Monday – 2 mile wu, 4 x 800s @ 10k pace, 1 mile cd
Tuesday – Cross Train
Wednesday – 6 miles aerobic
Thursday – 2 miles aerobic + 2 miles Race Pace + 2 Miles Tempo (20 sec. faster than race pace) + 1 mile cool-down
Friday – Rest
Saturday – 10 miles aerobic (5 miles aerobic + 4 miles race pace + 1 mile cool down)

Cutback Week

WEEK OF APRIL 7

Sunday – Rest
Monday – 5 miles aerobic
Tuesday – Cross Train
Wednesday – 5 miles aerobic
Thursday – 1 mile wu, 4 miles Race Pace, 1 mile cd
Friday – Rest
Saturday – 6 miles aerobic

WEEK OF APRIL 14

Sunday – Rest
Monday – 2 mile wu, 3 x 1 mile repeats, 1 mile cd
Tuesday – Cross Train
Wednesday – 7 miles aerobic
Thursday – 6 miles; tempo run (1 mile warm-up +4 miles 20 seconds per mile faster than marathon pace + 1 mile cool down)
Friday – Rest
Saturday – 12 miles (6 miles aerobic + 4 miles race pace + 2 mile cool down)

PHASE : Taper

WEEK OF APRIL 21

Sunday – Rest
Monday – 5 miles aerobic
Tuesday – Cross Train
Wednesday – 5 miles aerobic
Thursday – 1 mile wu, 3 miles race pace, 1 mile cd
Friday – Rest
Saturday – 6 miles aerobic

WEEK OF APRIL 28 (RACE WEEK)

Sunday – Rest
Monday – 5 miles aerobic
Tuesday – Cross Train
Wednesday – 5 miles aerobic
Thursday – 2 mile wu, 2 miles race pace, 1 mile cd
Friday – Rest
Saturday – **REST**

May 5: OC HALF MARATHON & MARATHON